



ARIZONA DEPARTMENT OF HEALTH SERVICES
NUTRITION NETWORK
2010 TELEVISION PROGRAMS

PHOENIX DMA (Phoenix, Flagstaff, Prescott etc.)

KTVK (3TV)

Monk (Saturday 7-8PM)
CSI (Saturday 8-9PM)
News @ 9 Sunday (Sunday 9-930PM)
The Sports Show (Sunday 930-10PM)

KPHO (CBS 5)

The Mentalist (Thursday 9-10PM)
Numb3rs (Friday 9-10PM)
CBS5 News @ 10PM (replay) (Monday-Friday 1135PM-1235AM)
Cold Case (Sunday 9-10PM)

KASW (CW 6)

Cheaters / Insider (Monday-Friday 5-6AM)
Street Court / Judge Hackett (Monday-Friday 9-10AM) (previously "Jury Duty")
The Bernie Mac Show (Monday-Friday 1-2PM)
Punk'd / The Hills (Monday-Friday 2-3PM) (previously Degrassi / Punk'd)
The King of Queens (Monday-Friday 530-6PM)

KSAZ (Fox 10)

The Bonnie Hunt Show (Monday-Friday 10-11AM) (formerly "Morning Show")
TMZ (Monday-Friday 1130PM-12AM)
News (Saturday 5-530PM)
Mad TV (Saturday 11PM-12AM)

KPNX (NBC 12)

Today 3 (Monday-Friday 11AM-12PM) (previously labeled as "Today 2")
News (Monday-Friday 12-1230PM)
Who Wants to be a Millionaire (Monday-Friday 1230-1PM)
Sports Tonight (Sunday 1030-11PM)

KUTP (my 45)

Family Guy (Monday-Friday 6-630PM)

CoxMedia Phoenix (only covers Metro Phoenix, not Phoenix DMA)

Fine Living (Monday-Friday 3-7PM)
DIY (Do It Yourself) (Monday-Friday 7-10PM)
AZNC (Arizona News Channel) (Saturday-Sunday 6-7AM)
Speed Channel (Saturday-Sunday 3-7PM)
Versus (Saturday-Sunday 7-10PM)

Cable One (only covers Apaches Junction, Queen Creek, Globe, Cottonwood, Page, Prescott, Safford, ShowLow areas)

USA (Monday-Sunday 6-12A)
CNN (Monday-Sunday 6-12A)
TNT (Monday-Sunday 6-12A)

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PHOENIX DMA - SPANISH LANGUAGE

KTaz (Telemundo 39)

Levantate (Monday-Friday 6-8AM) (news / entertainment)
Sin Senos No Hay Paraiso RR (Monday-Friday 11AM-12PM) (novela)
Al Rojo Vivo (Monday-Friday 4-5PM) (news magazine)
Cuento de Noticias (Monday-Friday 5-530PM) (local news)
Dona Barbara (Monday-Friday 7-8PM) (novela)
Descontrol (Saturday 12-1PM) (music show)
Cine de la Tarde 1 (Saturday 1-3PM) (movies)
Cine de la Tarde 1 (Saturday 3-5PM) (movies)
Cine de Impacto 1 (Saturday 6-8PM) (movies)
Cine de Impacto 2 (Saturday 8-10PM) (movies)
Titulares Telemundo (Saturday 10-1030PM) (sports news)
12 Corazones Saturday (Saturday 11PM-12AM) (dating show)
Fotogenica (Sunday 1030-11AM) (music / sports)
Ritmo Deportivo (Sunday 11AM-12PM) (music / sports)
Accion Extrema (Sunday 12-1PM) (reality show)
Gran Cine (Sunday 3-5PM) (movies)
Cine en Casa (Sunday 6-8PM) (movies)
Cine Millionario (Sunday 8-10PM) (movies)
Titulares Telemundo (Sunday 10-1030PM) (sports news)

KTVW (Univision 33)

Noticiero Univision - Fin de Semana @ 530PM (Saturday 530-6PM) (news)
Cine Especial (Sunday 12-2PM) (movie)
La Parodia (Sunday 2-3PM) (from "Ay Maria Que Punteria") (comedy)
Vecinos (Sunday 3-4PM) (comedy)

KFPH (TeleFutura 35)

La Dama Troya (Monday-Friday 7-9AM) (from "Yo Amo a Juan Querendon" (novela)
La Marca del Des (Monday-Friday 9-10AM) (from "Por Amor") (novela)
Amarte es Mi Pedado (Monday-Friday 10-11AM) (novela)
La Tijera (Monday-Friday 5-6PM) (talk / variety)
Veredicto Final (Monday-Friday 6-7PM) (court talk show)
Cine de las Estrellas (Monday-Friday 7-9PM) (movie)
Contacto Deportivo (Monday-Friday 10-1030PM) (sports newscast)
Cineplex (Saturday 12-2PM) (movie)
Cineplex (Saturday 4-6PM) (movie)
Cineplex (Saturday 6-8PM) (from "Cine de las Estrellas") (movie)
Cineplex (Saturday 8-10PM) (from "Cine de las Estrellas") (movie)

CoxMedia Phoenix (only covers Metro Phoenix, not Phoenix DMA)

Galavision (Monday-Friday 7-10PM)

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